

## ABSTRACT OF THE DISCLOSURE

A flip-flop bicycle pedal that utilizes both sides of the pedal such that one side correspondingly matches with a prior art road type pedal configuration known in the art as LOOK pedal and the other side correspondingly matches with another prior art mountain type pedal configuration known in the art as SPD pedal. Alternatively, a plurality of pedal adapters that utilize conventional type bicycle pedal configurations which complementary match a plurality of prior art bicycle shoe cleats known in the art as LOOK cleat, SPD cleat, SPEEDPLAY "X" cleat, SPEEDPLAY frog cleat, and BE-BOP cleat.

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